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Winnisquam Echo

THURSDAY, NOVEMBER 19, 2026

SERVING TILTON, NORTHFIELD, BELMONT & SANBORNTON, N.H

WRHS Broadcasting class gives students a voice

BY KARA BREAULT
Winnisquam Regional High School

TILTON — Winnisquam Regional High School offers a wide range of electives, and Broadcasting I and II are one more place where students build on their passions and learn new skills. Music Teacher Josh Carter rebuilt the class last year around student choice.

Once students learn the equipment in the recording booth, they aren't handed a script. They get an open ended project and the freedom to pick the topic. Student groups have produced short true crime podcasts and shows about mental health and self care.



COURTESY PHOTO
Students Hailey Johnson, Kaylee Bouwens, and Sophia Collins pictured in the broadcasting booth.

"It's been fun building the curriculum and following the students' enthusiasm," Carter said.

Students aren't only learning to record and edit audio. They also learn how to plan and carry out a project, work through group dynamics, and take honest feedback. All skills that carry into any career.

This fall, Carter invited Andrew Hayes, host of the bass fishing podcast "Tackle Talk," to speak with a class by video from Ohio. Hayes started his podcast because he couldn't find one on bass fishing. He records in his garage with free software. The message to students was that you don't need a big budget to do something you enjoy. All you need is an idea you care about and follow-through.

Broadcasting I is open to grades 9 through 12, and Broadcasting II will be offered for the first time this year.

Winnisquam Regional School District to host annual holiday dinner Dec. 4

TILTON — The Winnisquam Regional School District will welcome residents of Tilton, Northfield and Sanbornton to its annual Holiday Dinner on Friday, Dec. 4, from 5 to 7 p.m. in the Winnisquam Regional High School cafeteria.

The free community dinner is a longstanding district tradition intended to express appreciation to the residents of the three towns for their continued support of local students, educators and the school district as a whole.

Guests will be treated to a traditional holiday meal featuring oven-roasted turkey, potatoes, gravy, farm-fresh squash, stuffing, salad and dinner rolls.

In addition to the meal, the evening will feature activities for children and a photo backdrop where families and friends can capture memories of the holiday gathering.

The annual event provides an opportunity for community members to come together outside the classroom and celebrate the relationship between the district and the towns it serves.

Organizers emphasize that the dinner is an expression of gratitude for the many ways residents support public education, from their investment in local schools to their encouragement of the students and professionals who make up the Winnisquam Regional School District. The event is free, including the meal and activities.

Residents of Tilton, Northfield and Sanbornton are encouraged to attend and enjoy an evening of food, fellowship and holiday cheer.

A banner season revisited

Belmont baseball family celebrates Division III championship



JOSHUA SPAULDING
The Division III champion Belmont baseball team shows off the championship rings that the team was presented with last Monday evening.

BY JOSHUA SPAULDING
Sports Editor

BELMONT — It was a magical run that brought the Belmont baseball team to the Division III championship last spring and last Monday night, Nov. 9, the Raiders, their families and friends got the chance to relive that experience as the championship banner was officially unveiled in the high school gym and the players and coaches received their championship rings.

"Years from now people will look up and see a memory of the 2026 Division III state champions," said Belmont High School Principal Matt Finch in welcoming the assembled crowd after the players had been introduced, one by one, as they entered the gym. Finch noted that the memory will live in the banner, but those involved will remember all the work that it took to get to that point, the freezing early spring practices, extra sessions in cages and the quiet moments when nobody was watching.

"The glories on the field are only half the story," Finch said, noting that the season was also defined by character and the kids showed the integrity and dignity that the school works for all students to demonstrate.

Finch then relayed a story going back to when he was a first-year coach for the Gilford baseball team, which had been struggling when he took over and his team's first game was against Belmont that season. Belmont won that game, but Finch said what Belmont coach Matt LeBlanc said to him after the game stuck with him as he moved forward.

"He said, 'whatever you're doing, keep doing it, that was not the team we were expecting or the game we expected today,'" Finch remembered, saying LeBlanc's character that day gave him respect for the entire Belmont community and when the job came up in Belmont, he knew he had to be part of that community.

"What I will remember about this great run was how easy you were to root for and how proud we were of how you represented Belmont every day," Finch concluded.

Athletics Director Cayman Belyea noted he had numerous conversations about the season and one thing kept coming up.

"One thing that kept coming up was how resilient you were, you kept battling and found ways to

SEE **BASEBALL**, PAGE A11

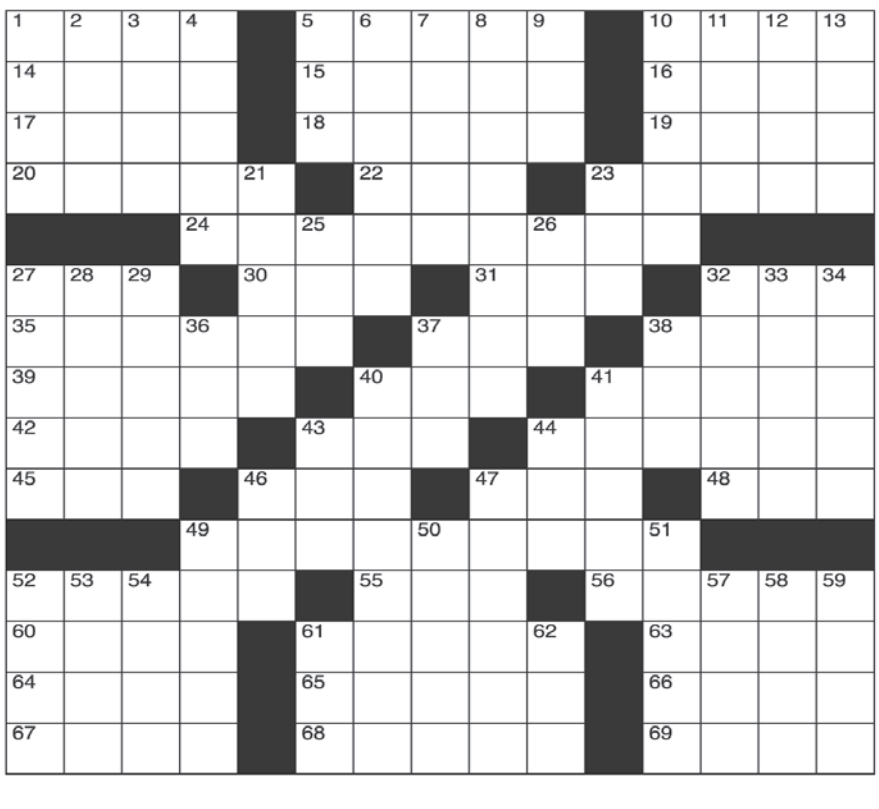


Early deadlines for Thanksgiving

The offices of the Winnisquam Echo will be closed Thursday, Nov. 26 in observance of Thanksgiving.

To ensure that our Thanksgiving week edition arrives in subscribers' mail boxes on schedule despite the holiday, the submission deadline for any press releases and letters to the Editor intended for publication that week has been moved up to Friday, Nov. 20 at 4 p.m. Submissions can be e-mailed to Editor Brendan Berube at brendan@salmonpress.news.

The staff of the Echo thanks our readers for their cooperation with this scheduling change, and wishes one and all a safe and happy Thanksgiving.



CLUES ACROSS

1. Perceive a sound
5. Pretends to be
10. Type of guitar
14. Actor Idris
15. A citizen of Iran
16. Creative
17. Keep under control
18. Weight unit for precious stones
19. You better call him
20. Fanatical
22. Male cat
23. Jewish spiritual leader
24. One who takes risks
27. A way to nail
30. Cool!
31. Progressive policy supporter
32. "Losing My Religion" rockers
35. Step-shaped recess
37. Round globular seed
38. Somewhat
39. Butterhead lettuces
40. Color at the end of the spectrum
41. Lines where fabrics are sewn together
42. Dodgers great Hershiser
43. Floor covering
44. Traveled aimlessly
45. Rocker Stewart
46. Body art
47. Congressman (abbr.)
48. No seats available
49. Categorizes
52. Iraq-Syria border town
55. Ballplayer's tool
56. Type of sword
60. Baseball team
61. Upper bracts of grass
63. Italian seaport
64. Ancient city in Syria
65. Shoelace tube
66. U. of Miami mascot is one
67. South American nation
68. "Nebraska" director Alexander
69. Upper body part

CLUES DOWN

1. German courtesy title
2. Ancient Greek City
3. Skin care manufacturer
4. A long-legged frog
5. Photo
6. Delivered a speech
7. Lute in northern Indian music
8. Decorated
9. Take a seat
10. Bottom layer
11. Type of horse
12. Ticket part
13. Defunct currency of Guinea
21. Challenges
23. Popular BBQ food
25. Subway rodent
26. By way of
27. Shady garden alcove
28. City in Egypt
29. __ and flowed
32. Large quantities of paper
33. Eurasian wheat
34. Act incorrectly
36. Layer of water right above sediment (abbr.)
37. Al Bundy's wife
38. Ocean
40. Large, round root
41. Sound units
43. Knock
44. Soak in water
46. Hot drink
47. A cotton fabric with a satiny finish
49. Rumanian city
50. Come back from being down
51. Vaccine developer
52. Canadian law enforcers
53. Wings
54. "Perry Mason" actor Raymond
57. Small fry
58. __ Clapton, musician
59. Gamble
61. Semi-liquid food
62. Consumed food

PUZZLE SOLUTION

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Franklin Opera House seeks donations for 14thAnnual Festival of Trees

FRANKLIN — The Franklin Opera House is inviting individuals, families, businesses and community organizations to participate in its 14th Annual Festival of Trees, to be held Dec. 4, 5, and 6 at the Franklin Public Library.

This beloved annual holiday event serves as a fundraiser benefiting the general operations of the Franklin Opera House. Community members are encouraged to donate and decorate a variety of display items including artificial Christmas trees, wreaths, gift baskets and other creative holiday-themed displays. Festival attendees can then purchase raffle tickets to win everything on, in, or under those items.

The Festival of Trees provides a unique opportunity for participants to celebrate the season, showcase their creativity, promote their business or organization, and support the arts in the Franklin community.

According to Franklin Opera House representatives, "We welcome donations from anyone who would like to participate. Whether you are an individual, a business, organization, your contributions help make this event a festive and successful fundraiser year after year!"

All donated trees, wreaths, and similar items must be artificial. Donors are encouraged to decorate their displays with any theme or style of their choosing. If you would like to decorate a tree, but do not want to purchase one, Franklin Opera House has a number of trees of various sizes available at its administrative office (321 Central St., Franklin, open Tuesday through Friday, 9 a.m.-3 p.m.). Donors' names will be prominently displayed alongside their creations (anonymity is always honored when requested) providing recognition and visibility to the many supporters who make the Festival of Trees possible.

If you are interested in donating, please visit www.FOHNH.org or call the office directly at (603) 934-1901. If you still prefer paper to electronic forms, Franklin Opera House is happy to send you a registration form upon request.

Meet "Britain's Got Talent" Golden Buzzer Star Jack Goodacre at Franklin Public Library

FRANKLIN — Franklin Opera House, in collaboration with New Hampshire Music Collective, is pleased to welcome acclaimed singer-songwriter duo Jack & Tim for a special appearance at the Franklin Public Library on Nov. 20.

Jack Goodacre and his father, Tim Goodacre, became known to audiences around the world after their Golden Buzzer-winning performance on Britain's Got Talent in 2018. Prior to that performance, Jack also appeared on The Voice Kids UK and starred in "School of Rock" in London's West End. Jack has grown into an accomplished artist whose journey continues to resonate with audiences of all ages.

What makes Jack especially appealing to young musicians is his remarkable story. Through talent, determination, and hard work, he transformed a childhood love of music into international opportunities. His journey demonstrates the value of perseverance and following one's passion.

Today, Jack and Tim continue to write and create together while reaching audiences on both sides of the Atlantic. Their genuine father-and-son connection, combined with Jack's experiences growing up in the spotlight, offers an inspiring perspective for aspiring artists and students.

Following the performance, audience members will have a unique opportunity to meet Jack and Tim and participate in an informal question-and-answer session. Young musicians, students, and music lovers of all ages are encouraged to attend. Jack will share insights from his experiences as a child performer, discuss the lessons he has learned along the way, and answer questions from attendees.

More than a concert, this event offers an opportunity to hear firsthand from a young artist who has navigated the challenges and opportunities of a creative career while staying grounded in his love of music and community.

This special event is presented by the Franklin Opera House and hosted at the Franklin Public Library. Tickets are available at www.FOHNH.org or at the door. This is a general admission event, and seating is available on a first-come, first-served basis.





PETS OF THE WEEK

Meet Salt!



Salt is an opinionated lady with an open mind and a personality all her own! She's willing to try just about anything once, but don't be surprised if she forms an opinion about it within the first five seconds. She's a girl who knows what she likes and isn't afraid to let you know!

Salt is your classic independent lady. She enjoys a little affection and cuddle time, but she's certainly not looking to be attached at the hip. She appreciates having her own space, doing her own thing, and checking in for some love when SHE decides it's time.

Salt is looking to be the only cat in her future home! She prefers to have her space to herself and would love a home where she doesn't have to share her kingdom with any other feline friends.

If you're looking for a cat with a little sass, a lot of personality, and just the right amount of affection, Salt might be the perfect addition to your home!

One thing is for sure: life with Salt will never be boring!

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Brookford Farm brings German Christmas traditions to Canterbury with "Christmas with the Cows"

CANTERBURY — A cherished German holiday tradition is finding a new home in New Hampshire this season as Brookford Farm prepares to welcome visitors for "Christmas with the Cows," a three-weekend celebration featuring traditional German food, holiday music, local vendors and, of course, the farm's resident cows.

The event, scheduled for Nov. 28-29, Dec. 5-6 and Dec. 12-13, will bring a taste of Dresden, Germany, to the family-owned farm at 250 West Road in Canterbury. Festivities will take place from 11 a.m. to 5 p.m. each day.

The inspiration for the celebration comes from Annekathrin, the mother of Brookford Farm co-owner Catarina Mahoney, who has made the farm her home after years of traveling between Germany and New Hampshire.

Originally from Dresden, Catarina and Annekathrin have deep ties to the German city, which is home to one of the world's oldest Christmas markets. The famous Dresdner Striezelmarkt dates back to 1434 and has become a beloved holiday tradition, drawing visitors to experience German food, crafts, music and seasonal festivities.

For years, Annekathrin traveled from Germany once annually to visit Catarina, her husband and fellow farm co-owner, Luke Mahoney, and their four children. During those visits, she developed a love for Brookford Farm and the surrounding community.

Five years ago, she decided to make New Hampshire her permanent home, settling into a red yurt on the farm.

Today, Annekathrin remains actively involved in farm life, helping pack online orders and tending a permaculture herb garden where she grows ingredients for her own organic loose-leaf teas and salves.

Her connection to both her German heritage and her adopted New Hampshire home inspired the family to introduce some of the holiday customs she remembers from Dresden.

The result is "Christmas with the Cows," a celebration that combines the atmosphere of a traditional German Christmas market with the agricultural character of Brookford Farm.

Visitors will find the farm decorated for the holidays using natural materials, while traditional German Christmas carols provide a festive soundtrack.

Food will be another highlight, with German farm-to-table specialties including Opa's Goulash and Oma's Dresden Stollen. The latter is a traditional German Christmas bread prepared by Catarina and Annekathrin using a secret family recipe passed down through the generations.

Stollen, a holiday favorite closely associated with Dresden, is among the best-known culinary traditions of the city's historic Christmas market.

While the German influences will be prominent throughout the celebration, Brookford Farm is adding a distinctly New Hampshire agricultural touch.

The farm's cows, returning from their warm-weather pastures to their winter shelters, will be part of the festivities, giving visitors an opportunity to see the animals that help make the farm's agricultural operations possible.

In addition to the food, music and animals, visitors will have opportunities to shop with local vendors offering holiday merchandise and gifts.

The farm's newly expanded store will also be open, featuring Brookford Farm's own grass-fed meats, dairy products and USDA-certified organic produce.

For the Mahoney family, the celebration represents an opportunity to share traditions that have been part of their family's history while welcoming neighbors and visitors to experience the farm during the holiday season.

It also reflects the connection Annekathrin has developed with the community since leaving Germany and making her home in Canterbury.

"Christmas with the Cows" will be held Saturday and Sunday, Nov. 28-29, Dec. 5-6 and Dec. 12-13, from 11 a.m. to 5 p.m. at Brookford Farm, 250 West Rd., Canterbury.

Admission is ticketed, with tickets available in advance at www.brookfordfarm.com or at the door. Some activities require an additional fee.

For more information, visit the farm's Web site.

Genakos, Dumais set new school records as PSU wins meet

DARTMOUTH, Mass. — The Plymouth State University men's swimming and diving team set four program records and captured first place at the Louise Goodrum Invitational, hosted by the University of Massachusetts Dartmouth at the Tripp Athletic Center on Saturday.

Junior Karson Genakos (Gilford) established a pair of program records in diving, scoring 161.70 on the 1-meter board and 116.00 on the 3-meter board. Junior Kyle Dumais (Belmont) shattered the program record in the 100-yard individual medley by nearly two full seconds, winning the event in 58.08, while senior Marco D'Addona (Torrington, Conn.) set a new mark in the 1,650-yard freestyle.

The Panthers totaled 407 points to finish atop the three-team field, ahead of Elms College (343) and host UMass Dartmouth (219).

Dumais led the way with three individual victories, taking first in the 50-yard freestyle (22.91), 50-yard butterfly (24.82) and 100-yard individual medley (58.08).

Junior Alex Giguere (New London) added two individual wins, touching first in the 100-yard backstroke (1:18.39) and 200-yard butterfly (2:34.44). He also placed second in the 100-yard butterfly (1:04.44) and 400-yard individual medley (5:42.06).

D'Addona claimed victories in the 100-yard freestyle (53.19) and 1,650-yard freestyle (22:20.67), while adding third-place finishes in the 50-yard freestyle (24.45) and 50-yard butterfly (28.44).

Junior Riley Lyons (Methuen, Mass.) contributed a runner-up finish in the 100-yard backstroke (1:23.73) and placed third in the 50-yard backstroke (36.31).

Plymouth State also swept the relay events. Lyons, Dumais, Giguere and D'Addona teamed up to win the 200-yard medley relay in 1:56.79, while Dumais, Genakos, Lyons and D'Addona combined to take the 200-yard freestyle relay in 1:47.47.

Plymouth State competes at the Bridgewater State Invitational on Dec. 5 to wrap up the fall portion of its schedule.

Colonial Theatre partners with NH Food Bank to fight hunger

LACONIA — The Colonial Theatre is partnering with the New Hampshire Food Bank to host a food drive supporting individuals and families experiencing food insecurity throughout New Hampshire.

Guests are encouraged to support the food drive by donating non-perishable food items to help nourish neighbors in need. Donations can be dropped off in the brown donation box located in the Colonial Theatre lobby, Monday through Friday during box office hours of 10 a.m. to 2 p.m., or while attending one of Colonial Theatre's shows, listed below.

The New Hampshire Food Bank, a program of Catholic Charities New Hampshire, is the state's only food bank, supplying millions of pounds of food annually to more than 400 partner agencies, including food pantries, homeless shelters, soup kitchens, children's programs, and senior centers. Through this statewide network, the Food Bank helps provide essential food resources to communities across all 10 New Hampshire counties.

The most-needed items include canned fruits and vegetables, canned tuna and chicken, beans and lentils, whole-grain pasta and rice, rolled oats, peanut butter and other nut butters, shelf-stable milk and non-dairy milk, and 100 percent fruit juice. Low-sodium and no-added-sugar options are especially encouraged when available.

Through this partnership, Colonial Theatre is proud to help support the New Hampshire Food Bank's mission to alleviate food insecurity, nourish communities, and work toward a hunger-free New Hampshire where all Granite Staters have access to the food they need to thrive.

Food Drive will run through the following Colonial Theatre events:

Jimmy Dunn's Comedy All Stars – Saturday, Nov. 7

Geoff Tate's Operation: Mindcrime - The Final Chapter – Wednesday, Nov. 11

Tusk: The Classic Fleetwood Mac Tribute – Saturday, Nov. 14

Cirque Musica Holiday Wonderland – Sunday, Nov. 22

Safe Haven Ballet Presents The Nutcracker – Sunday, Nov. 29

For more information about the food drive, please contact Colonial-Laconia.com or by calling 1-800-657-8774.

New Hampshire Food Bank

The New Hampshire Food Bank, a program of Catholic Charities New Hampshire, has been working to relieve hunger in the Granite State since 1984. In 2025, as the state's only food bank, the New Hampshire Food Bank efficiently procured and distributed more than 20 million pounds of food to people experiencing hunger through more than 400 partner agencies. Agencies include food pantries, neighborhood centers, low-income housing sites, senior nutrition centers, family crisis centers, hospices, soup kitchens, emergency shelters, after school programs and day care centers. In addition to food distribution, the NH Food Bank leads innovative programming that helps fight the root causes of hunger.

Spectacle Live

Spectacle Live's mission is to create connections that make exceptional live experiences happen. Founded in 2012 and headquartered in Chelmsford, Mass., Spectacle Live is a live event and venue management company specializing in performing arts centers across the Northeast. The company partners with municipalities and arts organizations throughout New England to provide comprehensive services, including venue operations, marketing and promotion, booking and talent buying, ticketing, food and beverage management, technical production, and consulting. Spectacle Live currently works with more than a dozen venues across Massachusetts, New Hampshire, and Rhode Island, presenting a diverse range of events from concerts and comedy to theater and family entertainment. For more information, visit www.spectaclelive.com or contact Pete Lally at plally@spectaclelive.com or 617-531-1257.

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Opinion

Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.

Giving students the freedom to find their voice

There is something particularly encouraging about a classroom where students are given the freedom to explore their interests, make their own decisions and discover what they are capable of accomplishing. At Winnisquam Regional High School, that philosophy is helping students develop skills that extend well beyond the walls of a recording studio.

The school's Broadcasting I and II electives offer an excellent example of what can happen when education combines technology, creativity and a healthy measure of independence. Under the guidance of music teacher Josh Carter, students are learning not only how to produce podcasts and other audio projects, but also how to communicate effectively, collaborate with others and take responsibility for their own work.

What makes the program especially appealing is its emphasis on student choice. Rather than assigning everyone the same subject or handing out scripts to follow, Carter encourages students to pursue topics that genuinely interest them. Some have explored true crime, while others have tackled subjects such as mental health and self-care. That freedom matters more than it might initially appear.

Young people spend much of their school careers following instructions, meeting deadlines and demonstrating that they have mastered specific material. Those are necessary parts of education, but there is also tremendous value in giving students the opportunity to make decisions for themselves.

When students choose their own projects, they become responsible for the results. They must develop an idea, organize their thoughts, divide responsibilities, solve problems and determine how best to communicate their message. They learn that a good idea is only the beginning, and that bringing it to life requires patience, persistence and considerable effort. Those lessons are every bit as important as learning how to operate recording equipment or edit an audio file.

The program also recognizes something that educators sometimes struggle to accommodate: Students have different interests, talents and ways of learning. A teenager who might never consider joining the school newspaper or speaking before an audience could discover a genuine enthusiasm for producing a podcast. Another might find that editing audio requires the same attention to detail that will serve them in engineering, business or countless other professions.

Not every student who takes broadcasting will pursue a career in communications. That is hardly the point. The ability to express ideas clearly, listen to constructive criticism and work productively with others will serve students regardless of where their lives take them.

The recent virtual visit from Andrew Hayes, host of the bass fishing podcast "Tackle Talk," reinforced another valuable lesson. Hayes began his podcast because he couldn't find one devoted to a subject he enjoyed. Working from his garage with free software, he demonstrated that enthusiasm and determination can sometimes accomplish more than expensive equipment or elaborate facilities.

That is an important message for young people growing up in an age when social media can make success appear dependent on having the latest technology, the largest audience or the most impressive resources.

In reality, meaningful accomplishments often begin much more modestly, with someone identifying an opportunity and deciding to do something about it.

There is also something refreshing about a teacher willing to adapt a curriculum around the interests of the students themselves. Carter's decision to rebuild the broadcasting program demonstrates that effective teaching does not always mean having every answer or controlling every step. Sometimes it means providing the tools, establishing expectations and allowing students enough room to surprise themselves.

As Broadcasting II becomes available, students will have an opportunity to build upon what they have learned and further develop their abilities. That progression is important because meaningful skills rarely develop through a single assignment or semester.

Programs such as this deserve recognition, particularly when discussions about education so often concentrate on standardized testing, graduation requirements and budgets. Those subjects certainly matter, but they do not tell the entire story of what makes a school successful.

A strong education should prepare students not only to answer questions, but to ask interesting ones. It should encourage them to discover their strengths, develop confidence in their abilities and understand that their ideas have value.

At Winnisquam Regional High School, students are learning how to use a microphone. More importantly, they are learning that they have something worth saying, and that with effort and determination, they can find a way to be heard.



Courtesy Photo

The Thrift Clothes Closet in Franklin has responded to the Common Man for Ukraine and the Plymouth Rotary's request for hand knit hats, mittens and scarves to take to the children in war torn Ukraine. We have collected many of these items for the next Ukraine convoy in the middle of November when they will be taking food, medicine and the hand knit items to the widows and orphaned children in Ukraine. We thank the many people who contributed to our collection of warm hand knits to be passed on for this trip. Nov. 2. Contact Karen Carey 603-236-1493.

When did everything become a competition?

Kind Hearts, Cold Winters

By CHIPPY

I've noticed something lately that has me scratching my head. Somewhere along the way, we seem to have turned practically everything in life into a competition.

And I'm not talking about football, baseball or the annual argument over which New England state has the worst drivers. Those are competitions I can understand. I'm talking about ordinary things that used to be perfectly enjoyable without anybody keeping score.

Take cooking, for example. There was a time when making a decent supper meant putting something on the table that everybody would eat without complaining. If you managed that, you considered it a success.

Now we've got television shows where people prepare elaborate meals while judges stand around looking disappointed because somebody's sauce lacks complexity.

I don't know about you, but if somebody makes me a good meatloaf with mashed potatoes and gravy, I'm not going to complain that the presentation lacks imagination. I'm going to ask for seconds.

And don't get me started on home improvement. Years ago, a fellow could spend a Saturday afternoon building a slightly crooked bookshelf and feel pretty good about himself. Maybe the shelves weren't exactly level, but they held books, and that was the general idea.

Today, people post pictures of their home projects on the Internet, where complete strangers feel qualified to explain everything they did wrong. Apparently, even hanging a towel rack has become an opportunity for public criticism. Then there's exercise.

Now, I have nothing against staying healthy. At my age, I consider it a successful workout if I can get up from a low chair without making a noise that sounds like an old truck trying to start in January. But somewhere along the line, taking a walk stopped being enough.

People count their steps, measure their heart rates, track their distances and compare their results with friends. There are watches that congratulate you for moving around and remind you when you've been sitting too long. Imagine explaining that to our grandparents.

"You mean you paid good money for a watch that tells you to get off your backside?"

I can practically hear my grandfather laughing.

The funny thing is, I think a lot of this comes from perfectly good intentions. People want to improve themselves. They want to learn new skills, stay active and accomplish something worthwhile. There's certainly nothing wrong with that. The trouble begins when we start measuring every little thing against what somebody else is doing.

I remember when our children were young and we attended their school activities. There were always a few parents who seemed convinced that every spelling test, soccer game or science project was a stepping-stone toward greatness. Meanwhile, I was usual-

SEE **CHIPPY**, PAGE A10

Letters to the Editor

Every young person deserves the opportunity to find their spark

To the Editor:

On Friday, Nov. 6, Belknap County 4-H members, families, and volunteers gathered for the Jubilee Recognition Awards. The event celebrated young people who accepted challenges, developed new skills, served their communities, and discovered more about their own potential. It also recognized the volunteers whose leadership, generosity, and belief in young people helped make those experiences possible.

It was both exciting and refreshing to attend this celebration. For weeks, public attention had been focused on elections and political divisions. The atmosphere often felt tense and negative. In contrast, the Jubilee Recognition Awards served as a powerful reminder that each of us can make a positive difference in our communities.

Strong communities depend on people who are curious, thoughtful, informed, and prepared to participate. Knowledge is not simply something to possess; it is something that helps people engage responsibly with the world around them. That is the mission of 4-H: to help young people think with their heads, lead with their hearts, serve with their hands, and care for their health while using all four to strengthen their communities.

The ceremony honored teens who achieved outstanding accomplishments in a wide variety of areas. Each award recipient demonstrated courage, commitment, responsibility, dedication, and leadership. Through their efforts, they gained confidence, expanded their knowledge, and developed valuable life skills.

The celebration also recognized the volunteers whose encouragement, guidance, and dedication helped create opportunities for young people to succeed and grow.

As we celebrate these achievements, let us recommit ourselves to building communities where every young person has the opportunity to discover a spark, develop a passion, find a purpose, build their voice, and understand that their ideas and contributions matter.

Congratulations to all the young people and volunteers who were recognized for their achievements and service.

Sincerely,

Janice Leighton Boudreau
Tilton

Winnisquam Echo

TO PLACE AN AD:
Advertising Executive
Tracy Lewis
(603) 575-9127
tracy@salmonpress.news

SUBSCRIPTION SERVICES:
Kerri Peterson
(603) 279-4516 x303
kerri@salmonpress.news

TO PRINT AN OBITUARY:
E-MAIL: obituaries@salmonpress.news
CALL: 603-677-9084

TO SUBMIT A LETTER TO THE EDITOR:
E-MAIL: brendan@salmonpress.news

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President & Publisher
Frank G. Chilinski
frank@salmonpress.news

Business Manager
Ryan Corneau
(603) 677-9082
ryan@salmonpress.news

Operations Director
Jim DiNicola
(508) 764-4325

Distribution Manager
Jim Hinckley
(603) 279-4516

Managing Editor
Brendan Berube
(603) 677-9081
brendan@salmonpress.news

Production Manager
Julie Clarke
(603) 677-9092
julie@@salmonpress.news

2027 MVSB Community Calendars now available



Courtesy Photo

Complimentary 2027 MVSB Community Calendars are available at all branches while supplies last. MVSB team member Jaron Jenkins displays "Sandwich Fair Ferris Wheel," his winning photograph featured for October.

MEREDITH — MVSB (Meredith Village Savings Bank) is pleased to announce that its complimentary 2027 Community Calendars are now available at all branch locations while supplies last.

Featuring scenic images from across New Hampshire's Lakes Region, Mount Washington Valley, White Mountains and Seacoast areas, the annual calendar showcases the winning photographs selected through MVSB's Community Photo Contest. Wall and tent-style calendars are available free of charge to community members at MVSB offices in Alton, Ashland, Center Harbor, Exeter, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, North Conway, Plymouth, Portsmouth, Rochester and Wolfeboro.

"Each year's calendar celebrates the beauty, character and traditions of the communities we serve," said Cindy Hemeon-Plessner, MVSB Senior Vice President and Chief Marketing & Experience Officer. "The photographs featured in the 2027 edition reflect the remarkable talent of local photographers while capturing many of the landscapes, wildlife and moments that make New Hampshire such a special place to call home. We invite everyone to stop by a branch and pick up a calendar before they run out."

The 2027 Community Calendar features photographs by:

• Andrew Drummond, Sunrise on Mount Adams (January)

• Kelly Norcross, Deer Couple in the Snow (February)

• Robert Kozlow, Maple Sugaring in NH (March)

• Kelly Danner, Keeper of the Flame (April)

• Jason Kennedy, Bemis Brook Falls in Spring (May)

• Kathy Diamontopoulos, Buried Treasures (June)

• Sophia Lupo, Dock Life at Dusk (July)

• David LaBar, Bear with "Do Not Pet the Fluffy Dogs" Sign (August)

• John Gisis, Wolfeboro Bay (September)

• Jaron Jenkins, Sandwich Fair Ferris Wheel (October)

• Erin Rojek, Screech Owl (November)

• Susan Francesco, A Loved One Visits (December)

MVSB has produced its annual Community Calendar for many years as a way to celebrate the regions it serves and highlight the work of local photographers. The Bank accepts submissions to its Community Photo Contest each spring, with selected images featured in the calendar, on its website and through social media channels. Information about the contest and featured calendar photos can be found at mvsb.com/annual-community-photo-contest.

MVSB has been serving the essential banking needs of people, businesses, nonprofits and municipalities for over 150 years. As a mutual savings bank, MVSB has no stockholders but rather operates for the benefit of its customers, employees and community. Since our founding, one thing has always remained true: caring is at the heart of everything we do. By building and nurturing relationships, we believe that we can cultivate a community where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hampshire in Alton, Ashland, Center Harbor, Exeter, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, North Conway, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Comedian Jamie Lissow brings new show to The Colonial



LACONIA — The Colonial Theatre of Laconia will present Jamie Lissow: Marriage Material on Friday, March 12, at 7 p.m. Tickets to the show are on sale now at ColonialLaconia.com or by calling 1-800-657-8774.

Jamie Lissow is an actor and comedian who can currently be seen as a weekly guest on the #1 rated late night talk show, "Gutfeld!" Prior to that, Lissow starred alongside SNL alums Rob Schneider, Adam Sandler, Norm MacDonald, and David Spade in the Netflix Original Series REALROB, in which he also served as co-writer and producer.

Lissow has appeared on "The Tonight Show," "The Late Late Show," "Last Comic Standing," and his Dry Bar Comedy Special has racked up more than 20 million views.

Most recently, Lissow can be seen in the feature "Daddy-Daughter Trip" alongside Rob Schneider, John Cleese, and Michael Bublé. Next, Lissow is set to star in the feature "The Animal 2" for Fox/Tubi. Jamie continues to headline stand-up comedy clubs across the country.

The Colonial Theatre of Laconia

The original owner, Benjamin Piscopo, was from Italy, and the theatre featured a fire curtain depicting Venice as seen from the water. In August of 2002, the theatre closed after 87 years of operation. On June 15, 2015, the City of Laconia announced a partnership with the Belknap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to various performances, including music, theatre, comedy, and civic events. Spectacle Management manages the Colonial Theatre and is home to the Powerhouse Theatre Collaborative. The Colonial Theatre is located at 609 Main St., Laconia, NH 03246. www.colonialLaconia.com

Spectacle Live

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  - Gift Basket Raffles
  - Soup & Bread Tent (11-2)
  - Cookie Decorating
  - Mug Decorating (Brandie Felix)
  - Coffee & Hot Chocolate
- **4:00 - 6:00** – Spaghetti Dinner at Effingham Fire Station, with announcement of Raffle Winners.
- **6:30** – Christmas Concert & Tree Lighting, South Effingham/Taylor City

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Songwriter Round-Up Friendsgiving Show to benefit Meredith Food Pantry



MEREDITH — The partnership between Katie Dobbins Music (Gilford) and Hermit Woods Winery & Eatery (Meredith) which has brought the monthly music series Songwriter Round-Up to the Lakes Region is set to deliver another great show at the end of this month.

Held in the region's premier listening room, The Loft, located on the second floor of the Winery, this series has been giving audience members a chance to experience the original music of talented singer-songwriters from the New England area and beyond. At each show three artists share their songs and stories in a unique in-the-round style performance. This intimate series features two different songwriters each month alongside award-winning performer Katie Dobbins.

Spend an evening at the next Songwriter Round-Up and you'll be helping to support the efforts of the Meredith Food Pantry. As we enter into a time of year in which we celebrate each other with Holiday meals and gifts, let's also remember those who are less fortunate in our community. At the November Songwriter Round-Up show one-half of all ticket sales and tips will be donated to the Meredith Food Pantry. This gifting is being done through the generosity of the three singer-songwriters who will performing their original compositions on the stage of "The Loft" at Hermit Woods Winery. In addition, show attendees who bring a canned good for donation to the Food Pantry will be entered into a drawing to win a pair of tickets to any upcoming Songwriter Round-Up show. The more canned goods you bring, the better your chances to win as each canned good earns one raffle ticket. Come, invite your family and friends, and help this second annual Friendsgiving Show fill the Meredith Food Pantry with plenty of stock to share during the weeks and months ahead.

The Songwriter Round-Up "Friendsgiving Benefit Show" show takes place on Thursday, Nov. 19. This special show features a talented lineup that includes: Katie Dobbins, a singer-songwriter from the Lakes Region who delivers heart-felt lyrics with beautiful vocal tones wrapped in guitar and piano melodies; Ian Galipeau, a New Hampshire artist whose thought-provoking songs delivered within Indie-rock and Americana styles have been captivating audiences throughout New England; and Charlie Chronopoulos, a New England based songwriter, multi-instrumentalist, and producer with a commanding stage presence, impressive guitar skills, and a love for sharing his music. All of these artists bring their own unique life-lyrics, melodies, and styles to the stage. This is sure to be an evening of great original music and dynamic entertainment that you won't want to miss. Learn more about each of these artists on the Hermit Woods Winery Web site.

A complimentary wine tasting will begin at 5:30 p.m., the Loft opens at 6 p.m. for seating & dinner orders, and music starts at 7 p.m. Patrons can further enhance their evening by selecting from a menu of tasty items available from onsite Chef Eric Huckins. Tickets can be purchased in advance at hermitwoodswinery.com/the-loft or in-person at the Winery.

Leadership Lakes Region explores local heritage during annual History and Culture Day

MEREDITH — Leadership Lakes Region (LLR) gathered for its annual History and Culture Day on Tuesday, Nov. 10. The full-day program immersed class members in the rich historical and cultural landscape of New Hampshire's Lakes Region through guided tours, interactive activities, and presentations from local leaders.



COURTESY PHOTO

The Leadership Lakes Region Class of 2027 gathered for a photo during their time at the Winnipesaukee Playhouse.

The day began at Canterbury Shaker Village in Canterbury. Kyle Sandler, Director of Interpretation and Education at Canterbury Shaker Village, led an insightful tour of the historic grounds.

Next, the class traveled to the Winnipesaukee Playhouse in Meredith for lunch and a message from the day's sponsor, Julie Baron (Class of 2011), President and CEO of Make-A-Wish New Hampshire.

Following lunch, Lesley Pankhurst, Founder and Patron & Company Services Director, and Brian Knowlton, Producing Artistic Director, presented on the theater culture and history in the Lakes Region, followed by a tour of the theatre.

Jennifer Hollows, President of the Laconia Sled Dog Derby, also shared a compelling presentation titled "100 Years on the Chute: The History, Grit, and Culture of Laconia's Sled Dog Derby."

Before departing Meredith, the class participated in a lively team-building activity led by Winnipesaukee Playhouse Director of Engagement of Education and Community, Corey Lawson.

In the afternoon, the class traveled to downtown Laconia to visit the Laconia Historical Society. Society President Tara Shore (Class of 2025) guided the class through the "Laconia Historical Scavenger Hunt," giving participants a hands-on look at the city's past. The day concluded with a wrap-up session at Defiant Records on Main Street.

Leadership Lakes Region extends special thanks to event planners (Class of 2026) Tarra Sorrell, Tate Miller, and John Rudd, as well as program day sponsor Make-A-Wish New Hampshire, for making the educational experience possible.

About Leadership Lakes Region

Leadership Lakes Region is a community leadership program dedicated to developing informed, engaged, and effective leaders who strengthen the civic and economic vitality of New Hampshire's Lakes Region. To learn more, visit www.leadershiplakesregion.org.



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Safe Haven Ballet brings "The Nutcracker" to the Colonial stage

LACONIA — The Colonial Theatre of Laconia will present the Safe Haven Ballet's "The Nutcracker" on Sunday, Nov. 29, at 4:30 p.m. Tickets to the show are on sale now at ColonialLaconia.com or by calling 1-800-657-8774.

Safe Haven Ballet is thrilled to bring our spirited, full-length ballet of "The Nutcracker" to The Colonial Theatre of Laconia! This dynamic performance includes all of your favorite characters including a strong-minded Clara to the eccentric Drosselmeyer, the spooky Rats, as well as our beloved Sugarplum Fairy danced by artistic director, Lissa Curtis. In the Land of Sweets you will be introduced to a variation unique to Safe Haven Ballet called The Brave American. Come sing and clap along to this spirited, patriotic piece!

SHB is located in beautiful Portsmouth, New Hampshire and exists to offer free trauma sensitive classes to survivors of sexual/domestic violence and trauma. Many of these brave survivors will be in the production as they help bring the magic of the season to you. We would love your energetic applause!

The original owner of the Colonial Theatre, Benjamin Piscopo, was from Italy, and the theatre featured a fire curtain depicting Venice as seen from the water. In August of 2002, the theatre closed after 87 years of operation. On June 15, 2015, the City of Laconia announced a partnership with the Belknap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to various performances, including music, theatre, comedy, and civic events. Spectacle Management manages the Colonial Theatre and is home to the Powerhouse Theatre Collaborative. The Colonial Theatre is located at 609 Main Street, Laconia, NH 03246. www.colonialLaconia.com

Founded in 2012, Spectacle Live offers venue operations, booking, programming, marketing, and production services across New England from offices in Lexington, MA, Lowell, MA, and Laconia, NH. The company partners with over a dozen venues to manage facilities and promote a variety of events, including concerts, comedy, theater, and family entertainment. For more information, contact Pete Lally at plally@spectaclelive.com or 617-531-1257. www.spectaclelive.com

Comfort Keepers

When it is time to consider respite care

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Respite care is not self-indulgent. It's a necessity. Caring for an older or ill family member can be hugely rewarding and bring you closer - but being consumed by it will drain you physically and emotionally and eventually cause burnout.

That's why it's important for caregivers to seek occasional respite from their responsibilities, whether it's for a few hours a week to run personal errands - or longer to take a much-needed vacation. Respite care offers you the chance to de-stress, restore your physical and mental energy, and keep your own life in balance.

The many benefits of respite care

Respite care for loved ones provides short-term breaks for caregivers, for their own well-being, and the wellbeing of the person for whom they are providing care. After all, you want to be at your very best, both physically and mentally. There are many benefits to be had through respite care. They include having:

1. Leisure time for renewal – Take a walk, read a book, browse the internet, visit an art gallery or museum, listen to music – whatever brings you a sense of joy and calm.

2. A change of venue – Escaping routine caregiving can help you relax, bring you a new perspective on the situation, and gives you a chance to clear your head to come up with new solutions to problems or concerns.

3. Enjoyment and pleasure – As a caregiver, you must remember that you have the right to enjoy life. You also have no reason to feel guilty.

4. A renewed sense of self – You are an individual who also needs to live your life and keep a firm grip on your own identity.

5. Socialization – Don't be isolated or feel alone. Take time to engage with friends, family, and co-workers by sharing meals, conversation, and experiences.

Once you have decided to pursue respite care

• Involve your loved one. When planning for time off from your caregiving duties, make sure to keep your loved one informed. Involve him or her in deciding how much time you will be away, and who will fill in for you when you're gone. Express how he or she will benefit from you being more relaxed and refreshed. Reinforce the idea that they will also benefit from socializing with other people.

• Acknowledge your role. A survey of family caregivers by the National Family Caregivers Association showed that family caregivers often refuse to accept that caregiving is a separate role from their role as a parent or spouse. The survey found that shifting this attitude and accepting that caregiving is a separate role had a profound impact on their situations.

• Assess your needs. Decide what care will be needed in your absence, and if there are specific caregiver skills needed to take care of your loved one.

• Stay organized. Use a calendar to organize and plan for assistance, and don't forget to schedule time for yourself. Schedule in some respite time and indicate how you plan to use it.

• Create your own space. Once you've decided on having respite relief, find a place for yourself, whether it's a porch, spare bedroom, or simply a corner of a room. You shouldn't have to leave the house to get some alone time to enjoy hobbies, relax – and do the things you love most.

• Deal with your feelings. Bottling up your emotions takes a toll on your psyche and your health. Share feelings of frustration with friends and family. Seek support from others who are in a similar situation. Talk with a professional counselor, or join a caregiver support group.

• Remember to say "no" when it's necessary. Accept the fact that you can't do everything, and resist the urge to take on more than you can handle. If someone asks you to do something that you just can't take on, be honest, explain why you can't - and don't feel badly about it.

• Stay positive. Do your best to not dwell on the negative. Hold a family meeting or call a senior care mediator to resolve conflicts with siblings and other relatives. Remember to be proud of all that you are doing, and focus on the rewards of caring for someone you love.

You deserve a break - Comfort Keepers® can help. Taking care of a loved one can be an all-consuming job - but what will happen to him or her should you get physically ill or mentally exhausted from emotions and overwork? Comfort Keepers' trained and carefully screened caregivers will provide care for your loved one, so you can fully enjoy your time away - without having to worry. We'll perform household tasks, prepare meals, make sure your loved one is safe and taking medications, get him or her to appointments, and more. Call your local office today!

About Comfort Keepers

Comfort Keepers is a trusted provider of medical and non-medical in-home care, helping seniors and adults live safely, independently, and with dignity. Our comprehensive services include companionship, transportation, housekeeping, meal preparation, personal care, mobility assistance, private duty nursing, Live in and 24/7 caregiving. We also offer Comfort360™ Alert, part of our innovative Comfort360™ suite, delivering 24/7 response, proactive support, and added peace of mind for clients and families. Proudly serving New Hampshire since 2005, Comfort Keepers is committed to elevating the human spirit through compassionate, personalized care. To learn more, call 603-536-6060 or visit NHComfortKeepers.com.

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Powerhouse announces 2027 season!

LACONIA — Powerhouse Theatre Collaborative, the resident theatre company of The Colonial Theatre in Laconia, held a season announcement party for participants and supporters. There was much excitement as Powerhouse laid out the plans for its upcoming 2027 Colonial Series, Spark Series and Special Events.

The Colonial Series will kick off in February with a musical revue called More in Love with Broadway. This will be a night that features the musical talent of many Power Players and the Power Chords as they perform a night of show tunes about love, perfect for Valentine's Day weekend!

From April 30 to May 2, Powerhouse will bring the hit Broadway musical "The Drowsy Chaperone" to the Colonial stage. This is a musical comedy about a 1920's musical comedy coming to life in a modern-day apartment as a character known only as "Man in the Chair" plays the record of his favorite musical for the audience. In October Powerhouse will be producing the musical Little Women based on the classic American novel. This touching and entertaining musical will also have a school matinee performance available to local schools. The Colonial Series finishes as always next December with A Christmas Carol: The Musical Ghost Story.

Also part of the Colonial Series, Powerhouse takes on its biggest and most expensive musical challenge to date, bringing the Disney classic "Mary Poppins" to the Colonial stage in August. Powerhouse will be hiring ZFX Flying Systems, one of the best theatre flying systems companies in the world, to make Mary, Bert and the Banks children safely fly high above the Colonial stage. The community has a chance to help Powerhouse make this magic happen at the Colonial by supporting its "Make Mary Fly Fund" throughout this holiday season.

The 2027 Spark Series will include a February Break production put on by teens called Treasure Inland: A Pirate Adventure far from the sea, that will perform at area libraries and the Belknap Mill. It will also contain two annual events Powerhouse holds at Prescott Farm - the 2027 New Play Festival in May, and an all-new outdoor theatre adventure in September called "The Wonderful Venture Through Oz." The new play festival will consist of plays written in Powerhouse's 2027 playwriting workshop which is already filling up. The Power Chords will hold its annual Holiday concert in November at the Congregational Church of Laconia and the Taylor Community.

And for the first time since 2023's production of the musical "Quilters," Powerhouse will be performing a full production at the Belknap Mill, Yasmina Reza's Tony-Award winning play, "Art." "Art" will star Powerhouse regulars Christopher Graham, Joel Iwaskiewicz, and making his long-awaited return to a Lakes Region stage, Powerhouse's founder/producer, Bryan Halperin.

Special events in the 2027 season include a new rendition of the naughty Christmas parody Fezziwig's After Dark, Just Duet V - a fundraiser for Powerhouse and the Colonial Theatre Advancement Fund, The 2028 Season Announcement Party, and a new cabaret series called the Power Surge Cabaret that will perform quarterly at the Taylor Community as well as at other venues around the region.

Those looking to get involved in Powerhouse workshops, productions, or the Power Chords should be able to find all the information at powerhousenh.org. But there are still plenty of activities left in the 2026 season including the Power Chords Holiday Concert, "A Christmas Carol: The Musical Ghost Story," and "Fezziwig's After Dark." Email info@powerhousenh.org with any questions on how to get involved or support the "Make Mary Fly Fund."



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Guest vocalist Catherine Martinez joins LRSO for holiday Pops concert

LACONIA — The Colonial Theatre of Laconia will present Lakes Region Symphony Orchestra Presents Holiday Pops! with Guest Artist Catherine Martinez on Saturday, Dec. 5, at 7 p.m. Tickets to the show are on sale now at ColonialLaconia.com or by calling 1-800-657-8774.

Put on your favorite Christmas sweater, gather your loved ones, and come experience the wonder and joy of the season with Lakes Region Symphony Orchestra and special guest vocalist Catherine Martinez.

Located in beautiful Meredith New Hampshire, the Lakes Region Symphony Orchestra is a 501(c)(3) non-profit organization that provides the best classical music performances for central New Hampshire during the fall, winter, and spring. Under the baton of Conductor and Music Director Benjamin Greene, LRSO performs a variety of music ranging from the classics of Beethoven and Mozart to popular music including the sounds of Broadway, movies, and orchestral Pops classics.

The Colonial Theatre of Laconia

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COURTESY PHOTO

Catherine Martinez

Spectacle Live

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Colonial Theatre partners with NH Food Bank to fight hunger

LACONIA — The Colonial Theatre is partnering with the New Hampshire Food Bank to host a food drive supporting individuals and families experiencing food insecurity throughout New Hampshire.

Guests are encouraged to support the food drive by donating non-perishable food items to help nourish neighbors in need. Donations can be dropped off in the brown donation box located in the Colonial Theatre lobby, Monday through Friday during box office hours of 10 a.m. to 2 p.m., or while attending one of Colonial Theatre's shows, listed below.

The New Hampshire Food Bank, a program of Catholic Charities New Hampshire, is the state's only food bank, supplying millions of pounds of food annually to more than 400 partner agencies, including food pantries, homeless shelters, soup kitchens, children's programs, and senior centers. Through this statewide network, the Food Bank helps provide essential food resources to communities across all 10 New Hampshire counties.

The most-needed items include canned fruits and vegetables, canned tuna and chicken, beans and lentils, whole-grain pasta and rice, rolled oats, peanut butter and other nut butters, shelf-stable milk and non-dairy milk, and 100 percent fruit juice. Low-sodium and no-added-sugar options are especially encouraged when available.

Through this partnership, Colonial Theatre is proud to help support the New Hampshire Food Bank's mission to alleviate food insecurity, nourish communities, and work toward a hunger-free New Hampshire where all Granite Staters have access to the food they need to thrive.

Food Drive will run through the following Colonial Theatre events:

Jimmy Dunn's Comedy All Stars – Saturday, Nov. 7

Geoff Tate's Operation: Mindcrime - The Final Chapter – Wednesday, Nov. 11

Tusk: The Classic Fleetwood Mac Tribute – Saturday, Nov. 14

Cirque Musica Holiday Wonderland – Sunday, Nov. 22

Safe Haven Ballet Presents The Nutcracker – Sunday, Nov. 29

For more information about the food drive, please contact ColonialLaconia.com or by calling 1-800-657-8774.

New Hampshire Food Bank

The New Hampshire Food Bank, a program of Catholic Charities New Hampshire, has been working to relieve hunger in the Granite State since 1984. In 2025, as the state's only food bank, the New Hampshire Food Bank efficiently procured and distributed more than 20 million pounds of food to people experiencing hunger through more than 400 partner agencies. Agencies include food pantries, neighborhood centers, low-income housing sites, senior nutrition centers, family crisis centers, hospices, soup kitchens, emergency shelters, after school programs and day care centers. In addition to food distribution, the NH Food Bank leads innovative programming that helps fight the root causes of hunger.

Spectacle Live

Spectacle Live's mission is to create connections that make exceptional live experiences happen. Founded in 2012 and headquartered in Chelmsford, Mass., Spectacle Live is a live event and venue management company specializing in performing arts centers across the Northeast. The company partners with municipalities and arts organizations throughout New England to provide comprehensive services, including venue operations, marketing and promotion, booking and talent buying, ticketing, food and beverage management, technical production, and consulting. Spectacle Live currently works with more than a dozen venues across Massachusetts, New Hampshire, and Rhode Island, presenting a diverse range of events from concerts and comedy to theater and family entertainment. For more information, visit www.spectaclelive.com or contact Pete Lally at plally@spectaclelive.com or 617-531-1257.

Mill Falls Resort Collection named Hotel of the Year at NH Stars of the Industry Awards

MEREDITH — Mill Falls Resort Collection is proud to announce its recognition as Hotel of the Year at the 2026 New Hampshire Lodging & Restaurant Association (NHLRA) Stars of the Industry Awards, celebrating excellence in hospitality throughout the Granite State.

Located along the shores of Lake Winnipesaukee in Meredith, Mill Falls Resort Collection offers a distinctive New England hospitality experience across four unique inns, complemented by lakeside dining, Cascade Spa & Salon, shopping, and year-round recreational activities at EKAL Activity Center.

The Hotel of the Year award recognizes the resort's commitment to exceptional guest experiences, hospitality excellence, and its continued contributions to New Hampshire's tourism industry.

"We are incredibly honored to receive this recognition," said the Mill Falls Resort Collection team. "This award reflects the dedication and passion of our associates, who work tirelessly to create memorable experiences for our guests. We are equally grateful to our loyal visitors and the Meredith community for their continued support."

As a longstanding destination in New Hampshire's Lakes Region, Mill Falls Resort Collection continues to invest in its guest experience, including recent renovations to Chase House and Palmer Inn, while maintaining the lakeside charm that has made it a favorite among visitors for generations.

About Mill Falls Resort Collection

Located in the heart of Meredith, New Hampshire, Mill Falls Resort Collection features four distinctive inns along Lake Winnipesaukee, offering a combination of waterfront accommodations, dining, shopping, spa experiences, and seasonal activities. The resort welcomes guests year-round to experience the natural beauty and hospitality of New Hampshire's Lakes Region.

For more information, visit www.millfalls.com.

Lakes Region Mental Health celebrates service at Annual Meeting

LACONIA — Lakes Region Mental Health Center celebrated more than 60 years on October 27th by honoring "Those Who Serve" — police, fire, EMS, emergency dispatch, elected officials, and social workers.

"The trauma for first responders associated what they've experienced isn't just regular job stress," said CEO Maggie Pritchard "… the cumulative impact can erode mental health, relationships, and job performance over time. We want you to know we see you, hear you, and are here to help you and each other."

Laconia Fire Chief Tim Joubert received the Dr. Pete Harris Award for his collaboration and work to bridge gaps for some of the community's most vulnerable citizens.

New Hampshire Department of Safety (NHDOS) Commissioner Robert Quinn gave a heartfelt keynote, highlighting the impact that repeated trauma exposure he and NHDOS staff have witnessed and felt firsthand.

Executive Councilor Joe Kenney was honored with the Helen Holbrook Community Service Award for his legislative actions and mental health advocacy. Kenney dedicated his award to his sister Lisa, whose lifelong experiences inspired his support of the developmentally disabled community.

The highlight of the afternoon was an achievement shared by Department of Health and Human Services Commissioner Lori Weaver, there to present Kenney's award. Weaver shared that just the day before, the "trifecta" of zero adults boarding, whether under Involuntary Emergency Admission (IEA), other legal status, or in a correctional facility, had been achieved.

Pritchard, who is president of the Community Behavioral Health Association representing the 10 centers in the state, remarked "This is a milestone achievement for our mental health community, and state's "Mission Zero" plan. It is the direct result of years of collaboration, coordinating care, and working with Lori Weaver and all the staff at DHHS that made it possible. We're looking forward to making continued progress together."

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses in Laconia and Plymouth that serves thousands of children, families, adults and older adults each year. Services include individual, group and family therapies; psychiatry; nursing; community-based supports; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based. Child Impact seminars are offered in Laconia and Plymouth for divorcing families. Emergency Services are available 24 hours a day, seven days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. For more information or to schedule an appointment, call 603-524-1100 or visit the website at www.lrmhc.org for updates and information.

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CHIPPY

CONTINUED FROM PAGE A4

ly hoping nobody forgot their lunchbox or came home missing a shoe. I wanted our kids to do well, of course. Every parent does. But I also wanted them to enjoy being kids.

Not every afternoon needed to produce an achievement. Sometimes it was enough to ride bicycles, build something out of cardboard or spend an hour doing absolutely nothing productive. Come to think of it, doing nothing productive is a skill I've spent much of my adult life trying to perfect. My wife might argue that I've become a little too good at it.

What bothers me most about this constant competition is that it can make perfectly content people feel as though they're somehow falling behind.

A neighbor buys a new truck, and suddenly somebody else starts wondering whether his perfectly reliable old pickup is good enough. A friend takes an expensive vacation, and a quiet week at home begins to seem less exciting. Somebody posts pictures of a spotless kitchen, and we look around at our own countertops and wonder how other people manage to live without a stack of mail next to the toaster.

For the record, I believe every respectable New England kitchen should have at least one stack of mail that nobody wants to deal with. It builds character.

And then there's retirement, which apparently has become another competitive sport. I hear people talking about all the things they're going to accomplish once they stop working. They're going to travel across the country, learn three languages, renovate the house, take up woodworking and possibly climb a mountain before breakfast. Good for them.

But I also think there's something perfectly respectable about a fellow who wants to sit on his porch with a cup of coffee, read the newspaper and watch the birds argue over the feeder. That doesn't sound like wasted time to me. It sounds like a pretty good Tuesday.

One of the advantages of getting older is that you gradually stop caring quite so much about how your life looks compared with somebody else's. At least, that's what I'm working toward.

I still catch myself doing it occasionally. I'll see somebody my age running a marathon or building a beautiful piece of furniture, and for a moment I'll wonder whether I ought to be accomplishing more.

Then I remember that I've got my own strengths.

I can change a tire, make a decent pot of coffee, tell when a snowstorm is coming by the way the sky looks, and usually figure out which television remote my wife is asking me to find.

Well, three out of four isn't bad.

Maybe we ought to give ourselves permission to enjoy things without turning them into accomplishments.

Bake a pie because you like pie. Take a walk because the air feels good. Plant a garden even if the tomatoes come out looking like something from another planet.

You don't need to be the best at everything you do.

You don't even need to be particularly good at some of it.

And if somebody else happens to be better, faster, richer or more accomplished, that doesn't take a single thing away from the life you're living.

As for me, I've decided to stop competing with everybody.

Except when it comes to backing a trailer into a tight spot.

There are certain matters of personal pride a New Hampshire man simply cannot surrender.



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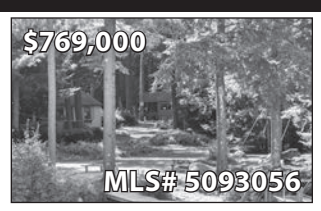
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Laconia: 3BR/2BA ranch features a 1st-floor private primary suite & laundry, an above-ground pool, back deck, and access to Wildwood Shores association beach and tennis courts on Lake Winnisquam.



Gilford: To be built on a 0.72-acre lot, this modular ranch features a base plan with 3BR/2BA, an open-concept living area, a 2-car attached garage and beach rights to Lake Winnipesaukee via Gunstock Acres Association.



Meredith: This updated seasonal cottage features an updated kitchen, remodeled bathroom, new hot water tank, drilled well, and two Bosch mini-splits for heating/AC. Includes a deeded 24-foot boat slip and permits short-term rentals.



Laconia: Located in Long Bay on Lake Winnipesaukee, this 3BR/2BA home features an open-concept living/dining area, a galley kitchen with granite countertops and an oversized breakfast nook, and a main-floor office/den. Access to two private beaches, a heated pool, tennis, and pickleball courts.

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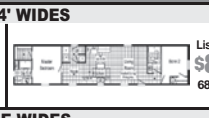
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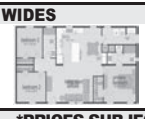


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Garden Island Laundromat & Tanning named official Toys for Tots drop-off location

LACONIA — Garden Island Laundromat & Tanning is proudly partnering with Toys for Tots for our very first annual toy drive!

This holiday season, we're asking our amazing community to come together and help make Christmas a little brighter for children in need. Whether you're stopping in to do laundry, dropping off your wash & fold, or coming in for a tan, consider bringing a toy along with you!

How You Can Help:

Bring a new, unwrapped toy to Garden Island Laundromat & Tanning at 585 Union Ave., Laconia, and we'll make sure it gets into the hands of Toys for Tots to help spread some Christmas magic! Donations are being accepted now through Dec. 13!

Every toy makes a difference, and every child deserves a little Christmas magic. We're incredibly grateful to be part of such a wonderful community, and we can't wait to see what we can accomplish together!

Let's fill our donation box and make our first Toys for Tots drive one to remember!

Garden Island Laundromat & Tanning

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Open Daily: 7 a.m. – 9 p.m.

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For more information about Garden Island Laundromat & Tanning, email info@gardenislandlaconia.com or visit Garden Island Laundromat & Tanning | Laundry & Mystic Spray Tan in Laconia.

Sara Evans coming to the Colonial stage Dec. 3

LACONIA — The Colonial Theatre of Laconia will present Sara Evans on Thursday, Dec. 3, at 7:30 p.m. Tickets to the show are on sale now at ColonialLaconia.com or by calling 1-800-657-8774.

Multi-platinum entertainer Sara Evans is at the top of her game. As the fifth most-played female artist at country radio in nearly the last two decades — her five No. 1 singles include "No Place That Far," "Suds In The Bucket, "A Real Fine Place To Start," "Born to Fly," and "A Little Bit Stronger". Several of those #1's spent 2 weeks in the top spot and were certified platinum by the R.I.A.A. Overall, she's had 15 songs chart in the top 20.

Sara continues to thrill audiences around the world playing over 70 shows each year. Sara's "stunning, country voice" (Rolling Stone) has earned her the prestigious Academy of Country Music Top Female vocalist accolade as well as numerous American Music Awards, Billboard Music Awards, Country Music Association, CMT and Grammy Awards nominations. In addition, the CMA awarded Video of the Year honors for her hit chart-topping single, "Born to Fly" from her double-platinum album of the same name. Evans' discography also includes the multi-platinum selling studio albums Real Fine Place and Restless as well as the gold-certified projects Stronger and No Place That Far. Evans is also a proud member of the Grand Ole Opry.

The original owner of The Colonial, Benjamin Piscopo, was from Italy, and the theatre featured a fire curtain depicting Venice as seen from the water. In August of 2002, the theatre closed after 87 years of operation. On June 15, 2015, the City of Laconia announced a partnership with the Belknap Economic Development Council (BEDC) to purchase, renovate, and reopen the Colonial. The newly reopened Colonial Theatre has a seating capacity of 750 and plays host to various performances, including music, theatre, comedy, and civic events. Spectacle Management manages the Colonial Theatre and is home to the Powerhouse Theatre Collaborative. The Colonial Theatre is located at 609 Main St., Laconia, NH 03246. www.colonial-laconia.com

Spectacle Live's mission is to create connections that make exceptional live experiences happen. Founded in 2012 and headquartered in Chelmsford, Massachusetts, Spectacle Live is a live event and venue management company specializing in performing arts centers across the Northeast. The company partners with municipalities and arts organizations throughout New England to provide comprehensive services, including venue operations, marketing and promotion, booking and talent buying, ticketing, food and beverage management, technical production, and consulting. Spectacle Live currently works with more than a dozen venues across Massachusetts, New Hampshire, and Rhode Island, presenting a diverse range of events from concerts and comedy to theater and family entertainment. For more information, visit www.spectaclelive.com or contact Pete Lally atplally@spectaclelive.com or 617-531-1257.



JOSHUA SPAULDING

The Belmont baseball team reveals the new "2026" on the baseball championship banner hanging in the Belmont High School gym.



JOSHUA SPAULDING

Members of the 1988 Belmont High School championship baseball team pose with members of the 2026 team at a celebration honoring last spring's championship.

BASEBALL

CONTINUED FROM PAGE A1

win," Belyea said. "There was something different about this group, it was the way you played together, the confidence you had in each other and how you responded when things didn't go your way."

Belyea noted that winning a state championship is not easy and he hopes the players remember everything that went into the rings they were about to receive. He also thanked the parents and families for the sacrifices they made and the support they showed the kids the entire way through.

Coach Matt LeBlanc first had to thank the sponsors that made the night possible, including Fysh Electric, Silver Sands Marina, Rowell's Services, Taylor Rental, Bank of New Hampshire and Jake Deware Kindness Project, noting their support of the baseball team was greatly appreciated.

"In 2011 I had hopes of some day celebrating a championship," the Raider coach said, noting there were 16 seasons that ended short of the dream, but all of them were building toward the one thing that happened last spring.

"Those former players should understand that they are part of this too," LeBlanc said. "Each team helped move this process forward."

LeBlanc made a special mention of assistant coach Jim LaClair, who coached baseball for 49 years and finished his career coaching his grandson, Wyatt Divers, to a championship win. \

"I feel incredibly fortunate you were part of this group," LeBlanc said.



JOSHUA SPAULDING

Athletics Director Cayman Belyea addresses the Belmont baseball team and the crowd assembled to celebrate the team last Monday evening.



JOSHUA SPAULDING

Belmont players show off the championship rings that were presented to the team last Monday evening.

The Raider coach then introduced the 1988 championship team, which was the last Belmont baseball team to bring home the title and they were tasked with handing out the rings to the current players.

LeBlanc also renewed his call that the Belmont High School Athletic Hall of Fame be resurrected. The 1988 team is in that Hall of Fame and he is hopeful that some day the 2026 team can be enshrined in the same way so that future generations can see the athletes who helped shape Belmont's athletic program over the years.

There is no doubt, if the Hall of Fame returns to Belmont High School, the Belmont baseball team of 2026 will indeed be amongst the honorees.

The Belmont baseball team included Brayden Townsend, Wyatt Divers, Wyatt Bamford, Max Ryder, Jack Crockford, Sam Binder, Eddie Rochenski, Brady Fysh, Alex Rowley, Cam Glennon, Brennan Geoffrey, Sean Andrews, Jasper Sottak, Tyler Mull and Tyler Kelly, manager Gracey LeBlanc, head coach Matt LeBlanc and assistant coaches Jim LaClair, Cole Contigiani, Greg Townsend and XXX.



JOSHUA SPAULDING

Players (l to r) Wyatt Divers, Brayden Townsend, Jasper Sottak and Tyler Kelly inspect the championship rings they earned last Monday night.



JOSHUA SPAULDING

A closer look at the championship rings that the Belmont baseball team received at a ceremony last Monday night.



JOSHUA SPAULDING

Principal Matt Finch addresses the crowd to open the banner and ring ceremony celebrating the Division III champion Belmont baseball team last Monday.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

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Power Chords Holiday Concert comes to Laconia!



COURTESY PHOTO

Lorraine Barrows leads the Power Chords at a performance at the Congregational Church of Laconia.

LACONIA — The Power Chords celebrate the end of their 2026 season with two free Holiday concerts open to the public. The Power Chords are Powerhouse Theatre Collaborative's Broadway show choir for adults who come together on Sunday nights all year long to sing Broadway showtunes together. On Friday, Nov. 20 at 7 p.m., the performance will take place at the Woodside Building of the Taylor Community. The second performance is Sunday, Nov. 22 at 1 p.m. at the Congregational Church of Laconia.

The concert will include selections from the group's ever increasing repertoire of Broadway showtunes, plus traditional holiday classics and will last about an hour. This year's group is made up of about 50 community members who have been working hard all year long working towards their final presentation.

The Power Chords are led by Lorraine Barrows, a longtime music educator who moved to Laconia upon retirement and quickly got involved in Powerhouse productions, and Lorraine is assisted by Jay Labrecque. Power Chords is open to anybody, without audition, and is a great way to meet new people or build the skill and confidence to audition for a community theatre production. A new season of Power Chords begins in early January. Those interested in signing up are encouraged to attend one of the concerts to see what the group is all about! Information on the 2027 Power Chords schedule can be found at https://www.powerhousenh.org/power-chords.

The Power Chords Holiday Concert is part of Powerhouse's 2026 Spark Series sponsored by Taylor Community and the Laconia Daily Sun. Powerhouse's 2026 season has been sponsored by Grappone Automotive, MVSB and LaValley Middleton Building Supply. Powerhouse's exciting 2027 season has already been announced - to find out how you can get involved as a sponsor contact info@powerhousenh.org for more details. For all the information on Powerhouse events and auditions including ticket information for Powerhouse's annual production of "A Christmas Carol: The Musical Ghost Story" and the adults only "Fezziwig's After Dark, check out powerhousenh.org.

Lakes Media wins Stations of the Year from NH Association of Broadcasters



ALAN MACRAE – COURTESY

Lakes Media staff at NH Association of Broadcasters Granite Mike Awards.

LACONIA — October was a winning month for the Lakes Media NH Radio Stations, 104.9 The Hawk, Lakes FM 101.5, Mountain Country NH 96.1/97.1 and WASR:

The New Hampshire Association of Broadcasters awarded Lakes Media the following awards at their Annual Meeting and Granite Mikes program:

-104.9 The Hawk won 1st place for Radio Station of the Year.

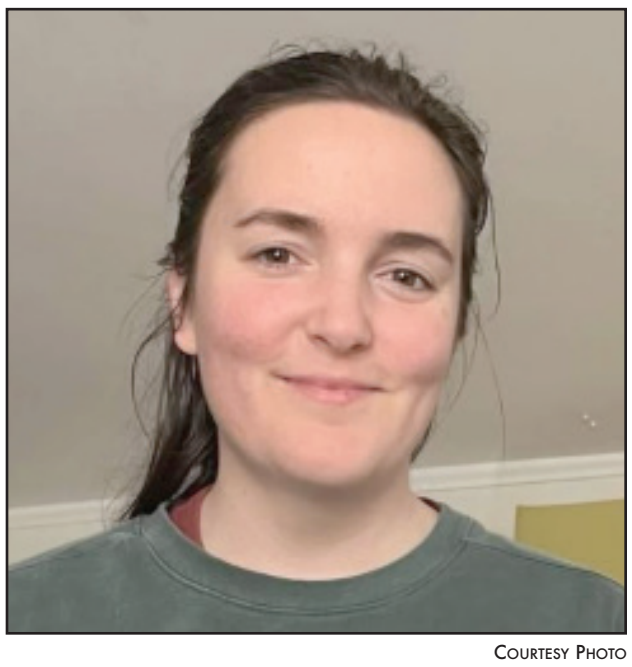
-Lakes FM 101.5 won four awards: 2nd place for Radio Station of the Year, 1st Place Award for Longform Program for their Lakes Region Community Forum focusing on Food Insecurity, 1st Place Public Affairs for Heather Bishop's Good News Story of the Day and 2nd Place for Newscast.

-Mountain Country NH's Mark Ericson won the 1st Place for Newscast.

-This marks the first time in NHAB history that the 1st and 2nd place for Radio Station of the Year were both part of the same broadcasting company.

- The Winner of the Warren Bailey Community Champion Award was WMUR-TV for their Public Service Programming.

Sanbornton Library hosting workshop on "Opting Out of AI"



COURTESY PHOTO

Geneva Sambor

SANBORNTON — Geneva Sambor, a Digital Learning Specialist Educator, will lead a workshop on "Opting Out of AI: Taking Control of Unwanted AI" at the Sanbornton Public Library on Thursday, Nov. 19 at 6 p.m.

Sambor is a local New Hampshire Educator who is passionate about teaching digital literacy, privacy and safety. This interactive program will focus on reclaiming digital choice in the world of Artificial Intelligence with practical settings, research, and device know-how. People of all levels of technological comfortability are welcome. You are encouraged to bring your own device, a phone, tablet or laptop to follow along.

The Sanbornton Public Library is located at 27 Meetinghouse Hill Rd. The program will be held in the second floor Woodman Room. The library accessibility includes an automatic door and an elevator lift. This program is free and open to the public, light refreshments will be provided.

For more information, contact the Sanbornton Public Library at (603) 286-8288 or splnhcirc@gmail.com Website: splnh.com.



Audubon announces Baxter State Park program



MOULTONBOROUGH — On Thursday, Nov. 19 at 7 p.m. at the Loon Center in Moultonborough, the Lakes Region Chapter of the New Hampshire Audubon Society will present a program called Baxter State Park — Maine Magic, with wildlife photographer Joe Callanan.

Join Callanan as he takes you to one of the most exceptional wildlife sanctuaries in the eastern half of our country.

Baxter State Park was the result of one man's magnificent life-long obsession. Percival Baxter was taken to climb Mt. Katahdin as an 11-year-old boy. He was so taken with the grandeur of the mountain and its wildlife that he made it his personal mission to preserve this mountainous paradise in its original state for perpetuity.

Incredibly, he singlehandedly purchased the land, designed the campground layouts, and set up a trust to cover its costs. Then he donated it to the State of Maine.

This was the stomping ground that birthed Joe's passion for wildlife and rugged adventures. Come and discover this place in all its primitive, wild and rugged glory! This place will leave its mark.

Joe Callanan strives to capture wildlife acting naturally during its daily activity, as he believes these images can become the window by which we are allowed to view the wonder and natural history of these animals.

The Loon Center is located on Lee's Mill Road; follow the signs on Blake Road from Route 25 near the Moultonborough Central School, or from Route 109, turn on to Lee Road and turn left on Lee's Mill Road.

